

## 1    **ABSTRACT OF THE DISCLOSURE**

2        An insole stimulating device for activating contraction of muscular group, enhance  
3    intercellular ion circulation of stimulated area and vital points of a human body includes  
4    a fixing element, electrical plates received in the fixing element, a resistance received in  
5    the fixing element, a control circuit electrically connected to the electrical plates and the  
6    resistance to generate low frequency signal to the electrical plates such that when the  
7    electrical plates are placed on top of the vital points, the low frequency signal to the  
8    electrical plates is able to provide stimulus to the vital points so as to stimulate and  
9    provide a thermal effect to surrounding tissues and muscles.